



# WELLNESS FEATURE

## Portion Distortion

### Did you know that...?

- Americans consume one billion commercially prepared meals each week, spending half of our food dollars on meals away from home
- Studies show that food intake increases as the portion size of food served increases
- The McDonald's Bacon Ranch Salad with Grilled chicken and ranch salad dressing has the same amount of fat (25gms) as a Quarterpounder with cheese?
- Some reduced-fat or fat-free foods provide almost the same number of calories as the regular food, e.g. a 2 tablespoon serving of fat-free caramel topping contains the same number of calories (103) as an equal amount of homemade caramel topping with butter?



### When eating out use these tips:

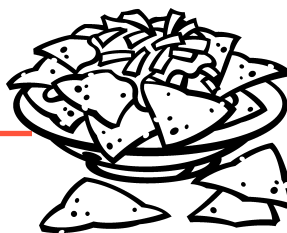
Ask for salad dressing on the side

Look for food that is steamed, broiled, baked, roasted or poached.

Package half of the meal before you begin to eat to take home.

Ask for mustard instead of mayonnaise, as it has virtually no calories.

See if the restaurant has healthy cooking options during meal preparation.



### SERVING SIZE CARD:

Cut out and fold on the dotted line. Laminate for longtime use.

<p>1 Serving Looks Like ...</p> <p><b>GRAIN PRODUCTS</b></p> <p>1 cup of cereal flakes = fist</p> <p>1 pancake = compact disc</p> <p>½ cup of cooked rice, pasta, or potato = ½ baseball</p> <p>1 slice of bread = cassette tape</p> <p>1 piece of cornbread = bar of soap</p>	<p>1 Serving Looks Like ...</p> <p><b>VEGETABLES AND FRUIT</b></p> <p>1 cup of salad greens = baseball</p> <p>1 baked potato = fist</p> <p>1 med. fruit = baseball</p> <p>½ cup of fresh fruit = ½ baseball</p> <p>¼ cup of raisins = large egg</p>
<p>1 Serving Looks Like ...</p> <p><b>DAIRY AND CHEESE</b></p> <p>1½ oz. cheese = 4 stacked dice or 2 cheese slices</p> <p>½ cup of ice cream = ½ baseball</p> <p><b>FATS</b></p> <p>1 tsp. margarine or spreads = 1 dice</p>	<p>1 Serving Looks Like ...</p> <p><b>MEAT AND ALTERNATIVES</b></p> <p>3 oz. meat, fish, and poultry = deck of cards</p> <p>3 oz. grilled/baked fish = checkbook</p> <p>2 Tbsp. peanut butter = ping pong ball</p>

## Family Meal Magic!

Young children who eat with their family pick up larger vocabulary words.

The more often families eat together, the less likely kids are to engage in risky behaviors and become depressed as teens.

Kids who eat most often with their parents are 40% more likely to get mostly A's and B's in school than those kids who eat two or fewer meals a week with their parents.

The more a family eats meals together, children are less likely to consume soda and fried food, and more likely to eat fruits and vegetables.

